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# The Playground

The World at Play

Recreation Congress  
Grand Rapids, Michigan  
October 2-6, 1916

427110

Physical Efficiency for Girls

Preparation---for Peace or War

Twenty-five Cents a Copy

Two Dollars a Year

# The Playground

Published monthly at Cooperstown, New York

FOR THE

## PLAYGROUND AND RECREATION ASSOCIATION OF AMERICA

1 Madison Avenue, New York City

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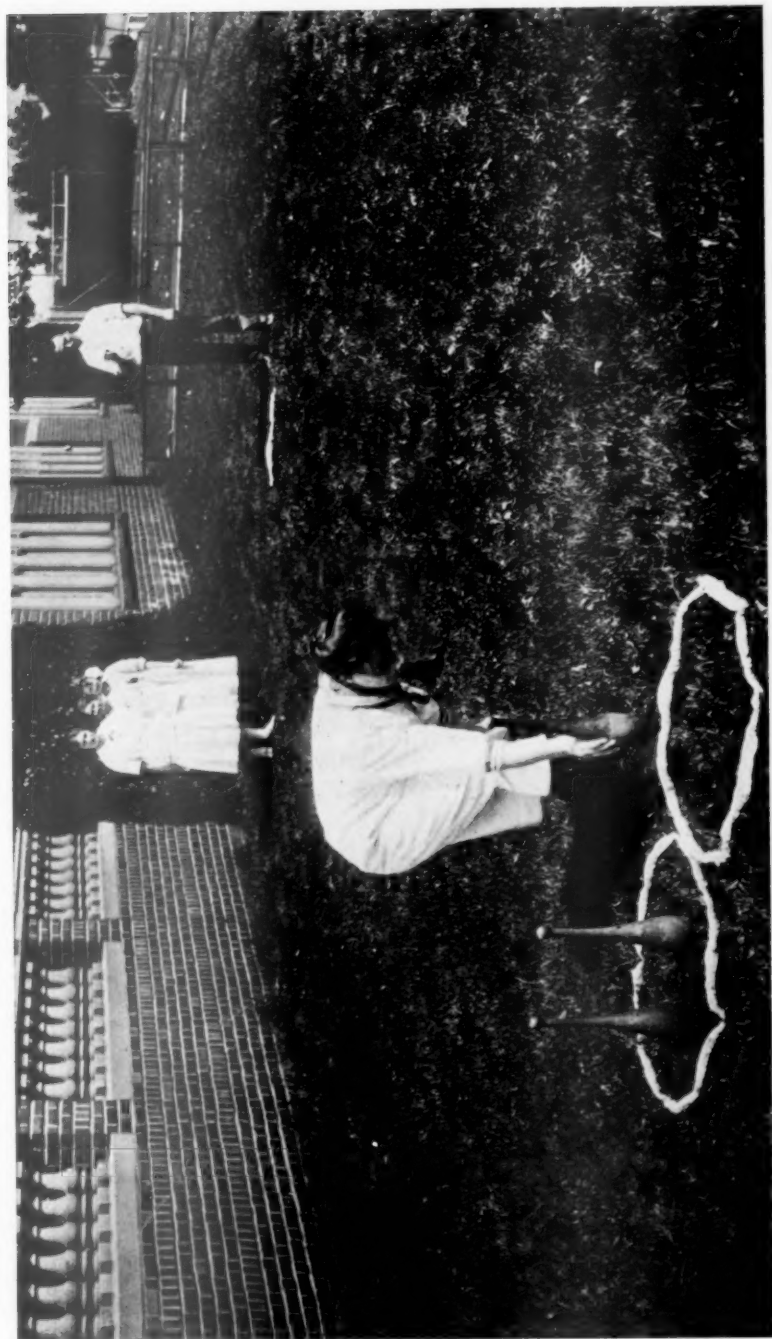
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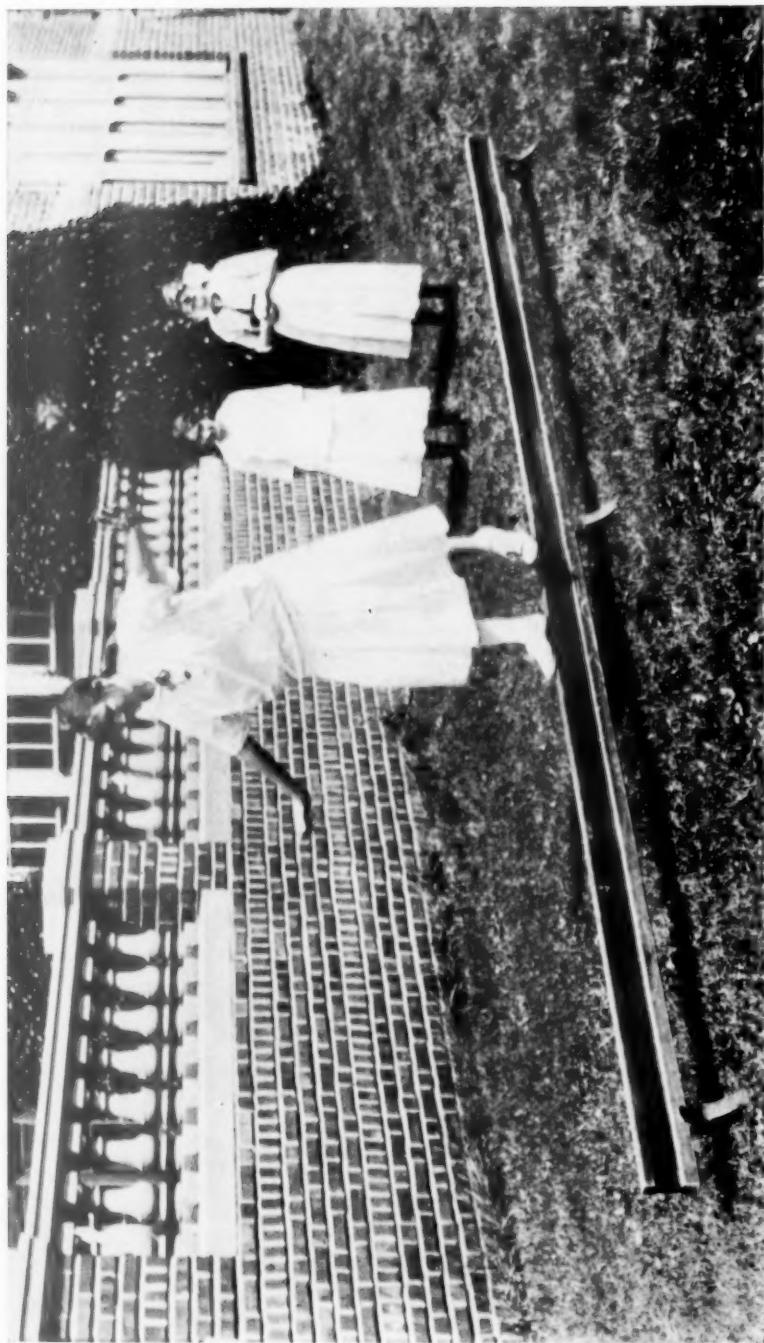
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ATHLETIC BADGE TESTS FOR GIRLS—ALL-UP INDIAN CLUB RACE



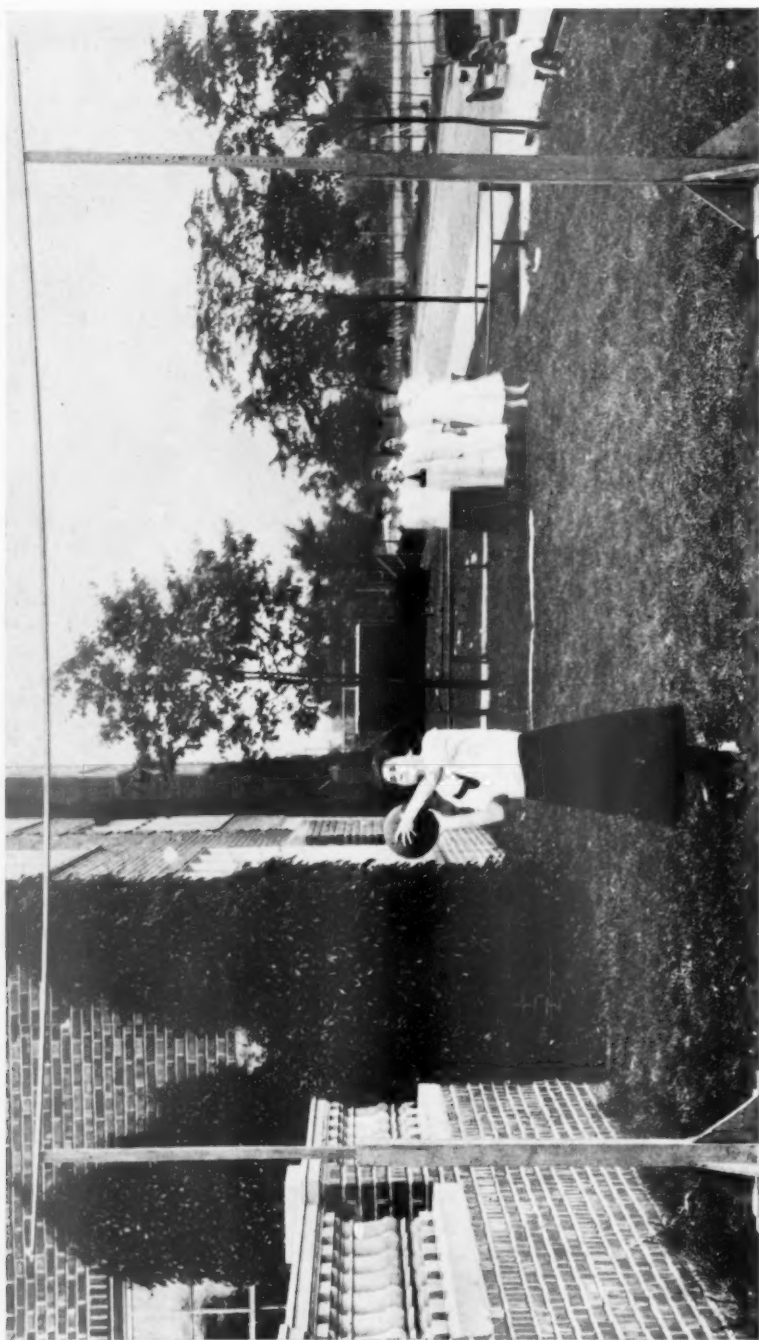
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ATHLETIC BADGE TESTS FOR GIRLS—POTATO RACE



Gary, Indiana

ATHLETIC BADGE TESTS FOR GIRLS—BALANCING



Gary, Indiana

ATHLETIC BADGE TESTS FOR GIRLS—RUNNING AND CATCHING

## THE WORLD AT PLAY

**Recreation Congress.**—Hon. Newton D. Baker, Secretary of War, and the governors of the states of Massachusetts, Pennsylvania, New York, Ohio, Michigan, Illinois, Wisconsin, Minnesota, Kansas, Kentucky, West Virginia, are all cooperating in calling attention to the value of the Recreation Congress to be held at Grand Rapids, Michigan, October 2-6, 1916.

**The City Child, Playgrounds and the Police.\***—A useful neighborhood conference took place the other day in a big kindergarten room of the New York Teachers College. It was called by a Mothers' Association interested in getting more play space for the children of the upper West Side—where the parks are green and ample, but also where the policeman is ever vigilant to keep restless young feet on the hard asphalt walks.

These mothers wanted to know what lies behind the rough shout of the "cop," "Hey, you kids, beat it off that grass!"—what the police themselves think about it. So they asked the Police Commissioner to come and talk. He did not come, but he sent Sergeant

Ferré, an embarrassed, up-standing officer who revealed to those New York mothers and fathers an astonishing new conception of the man on the beat.

"What's the attitude of the police toward the children?" Sergeant Ferré repeated, reading from a slip that had been handed him. "I'll tell you. We are trying to be the Big Brothers to the children. We're trying to overcome the children's fear of the cop. We're trying to make the parents of the children understand that we're the best friends the kids can have. We are going into the schools, at the assembly hour in the morning, and talking to the kids—telling them why we have to have laws and why the police have to enforce certain rules. We're trying to make mothers and fathers, as well as the children, understand that certain regulations concerning the use of the parks must be enforced if the parks are to be kept for the enjoyment of all. But we are insisting that no unreasonable regulation shall be given us to enforce.

"The New York police want the children to get as much play as they can, in every way

\* Courtesy of *The Outlook*



## THE WORLD AT PLAY

and in every place it is possible for them to play. We are glad to see certain streets set aside for play and closed during certain hours to traffic; we're with you in wanting every vacant lot in the city turned into a playground for the children.

"Under Commissioner Woods, the police have a strange ambition. I'll tell you what it is," Sergeant Ferré paused and smiled broadly. "You know what people think about the cop—what they've always thought about him. Well, it's got into the very nature of the cop himself. So that he's like the little mongrel dog that grew up in the city streets. Since the first day that dog could remember some boy had tied a tin can to his tail and in time the little dog got used to it and thought it was all right—not pleasant, but all right. Finally it got so that the little fellow would just naturally back up to every tin can he found on the street!

"The ambition of the New York police—don't faint!—is to get rid of our reputation as ogres. We are not tyrants. We are, most of us, fathers of children that we think a lot of! We are going to see the day, if our efforts can bring it about, when the kid will think of the cop first if he wants a friend. You know what that

will mean for law and order. For solving the question of play spaces for the children! Why, you take the kids and the cops and let them work together, and the percentage of juvenile delinquency will be cut in half—yes, to a third. Ten kids can find play space where five have it today."

In the vigorous searching for a solution of the problem of playgrounds for the city child, has a better suggestion been made than is contained in this "Big Brother" offer of a New York police sergeant?

**New Private Playground.**—Mr. C. G. Magee, of Boston, Massachusetts, has taken a lease and option on Passaconaway Inn at York Cliffs, Maine, and is planning to install there an outdoor playground with equipment for the entertainment of the children. A play leader, graduate of the Sargent School at Cambridge, will be in charge. Mr. Magee writes that if the remainder of the equipment he plans to install attracts as much attention as the two baby lambs which recently halted seven motorists he believes the innovation will prove a very interesting one. He is considering running a wall of masonry between two cliffs and thus making an acre pool of fresh salt



## THE WORLD AT PLAY

water which will renew at every tide but be warmer than the ocean.

**Informal Play Meeting at the Home of Mr. and Mrs. Dudley E. Waters.**—Following the example of the play party at the home of Mr. and Mrs. Thomas Edison, the Grand Rapids Recreation Association carried through a most successful informal play evening as a part of its campaign for funds for the Recreation Congress.

Invitations were sent to approximately 115 people, prepared, printed and mailed by the Recreation Association.

The impromptu program was carried out in the ballroom of the Waters' home, a large room on the third floor with windows opening all about upon the green of the great open yard. The evening was begun with a grand march and various march formations, after which all joined in playing *Jolly Is the Miller*. The shifting of partners and the effort to get the prominent guests into the center brought out much laughter and gayety. Following this, came *The Duke of York* and *Looby Loo* and later Pass Ball and other games were played.

For rest and relaxation the party gathered in a large circle

and Mr. Carman called on several to make short talks. Superintendent of Schools Greeson talked on *Recreation in the Public Schools*; Professor Jesse Davis on *What It Means to a City to Have National Conventions*. Mr. Dickinson, Associate Secretary of the Playground and Recreation Association of America, told of the plans for the Congress and what the National Association is doing to make it a success.

Between times Mrs. Waters served light refreshments. As a grand finale, *Looby Loo* was most successful.

**Annual Mount Tamalpais Play.**—The fourth annual production of the Mountain Play Association was Schiller's *William Tell*, given in the wonderful national amphitheatre, deeded last year to the association by William Kent, Vice-President of the Playground and Recreation Association of America. Clumps of trees and bushes form the "dressing rooms." "To the west, for a back drop, lies the Pacific ocean, tossing away to the horizon, San Francisco, its stone and wooden houses staggering upon its hills, and peaceful Marin villages hugging the base of the mountain. Down at the canyon's bottom

## THE WORLD AT PLAY

wave the great redwoods of the Muir woods, a national forest reserve"—also the gift of William Kent to the nation.

### **Play Information for Russia.**

—Mr. Graham R. Taylor of *The Survey* called at the office to secure literature for a representative of the Russian Government at present in this country with whom Mr. Taylor was to sail for Petrograd. The Russian gentleman, who Mr. Taylor says is a man of unusual intelligence, was greatly interested in playground and recreation work. He is particularly anxious to secure information on gymnastics, athletics, physical education in schools, the duties of special teachers, administration, swimming pools, games and apparatus, children's gardens and educational institutions giving courses in the training of playground workers. Any expenses connected with the literature will be met by the Russian representatives.

**Let the Schoolhouse Serve as a Field House.**—William F. Grower, president of the West Chicago Parks Commissioners, in his report for 1916, says: "I feel that a line must be drawn between the work that may be done in the school building already erected and that which

heretofore has been provided to be done by the costly field houses erected by the Park Commissioners. In the establishment of costly field houses in the small park system of the West Side, there is a certain duplication of buildings and maintenance charges which increases the burden of taxation. The modern school building of today is fully equipped to take the place of a small park playground field house. All of the schoolhouses should be made the medium for the housing, training, and care of school children and organized play. It is not fair to the taxpayers for the Park Commissioners to duplicate a schoolhouse, for that is really what the field house is in a playground center."

**Old Folks' Corner.**—The West Chicago Park Commissioners have set aside a corner of Franklin Park and named it the "Old Folks' Corner." Here in the shade of the trees, those who have outlived the strenuous physical recreation of the playfield may while away their leisure hours in social pastime.

**Not for "Charity."**—Several men and women prominent in the recreation movement have stated from time to time that the need for playgrounds in

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each city is measured by the number of less resourceful families; that in the neighborhoods where the people are well-to-do, the leisure time is provided for in the home and through the church and other existing agencies so that there is not any great need to provide playgrounds.

This point of view is entirely contrary to the point of view held by the Board of Directors of the Playground and Recreation Association of America. In all discussions at board meetings it has been agreed that the children in the wealthy families need playgrounds just as much as the children in the poor families and that playgrounds, like public schools, should be provided for each section of the city. In many cases it is undoubtedly wise that the first playground should be established in the well-to-do section of the city. The neighborhood center in the schoolhouses in many cities is bringing together men and women of various classes. The neighborhood center is not wholly successful if it appeals either to the richer or to the poorer element in the community. It should appeal to all.

**Art Society Bulletin.**—The Bulletin of the Municipal Art

Society of New York, Number 7, contains illustrations of the Society's prize designs for a naval reviewing stand. These are the results of the annual competition instituted by the Society in the Society of Beaux Arts Architects. The first prize was awarded to Robert Palleson, of New York City.

Few cities have New York's problem of adding to the comfort and display of naval reviews but every city has problems such as the Municipal Art Society deals with. This Bulletin contains articles regarding the new zone plan, play streets for children, the activities and achievements of neighborhood associations. Copies may be obtained from the Society, 119 E. 19th St., New York City.

**A Creed for Recreation Workers.**—The *Detroit Recreation Bulletin* publishes the following creed of the recreation worker:

*I believe in myself, in my ability to do my best. That I am enlisted in the ranks, fighting for one of the greatest causes ever given over for human labor to do battle. That I am working for the uplift of humanity, and through humanity, I am elevating myself.*

*My ideal is to do the great-*

## THE WORLD AT PLAY

est good, to carry the message of Him to my less fortunate brethren.

*My mission* is to teach them to imitate the virtue of Faith, in themselves, in their fellows, in eternity. To teach them to imitate the virtue of Hope for betterment and success in life. To teach them to imitate the virtue of Charity, of giving, of living, of doing their utmost for their brothers and sisters.

**Physicians Favor Playgrounds.**—Under the heading "Municipal Playgrounds," the New York Medical Journal says editorially:

"The street children of our large cities, what a sad tribe they are! How troublesome! How unfortunate! How much and how constantly in the way of death dealing chauffeurs and reckless drivers! Their shrill cries, their boisterous play, and their dangerous and inconvenient pastimes are the nightmares of traffic policemen and hurrying crowds, and more than justify their exclusion from the busy thoroughfares; so they are driven back to the alleys and cellars from which they emerged.

"It is impossible to listen unmoved to the pleas which the various playground societies put forth in their behalf. In every American city of today

there should be a playground society. The municipality which cannot boast a playground society acknowledges its backwardness in dealing with that great problem, the citizen of tomorrow. From birth the children of the poor have been written in misfortune's book. Born and nurtured in damp cellars, in pestilential rooms, and dark alleys, from the day that they first behold the light of heaven, the ensign of disease is livid on their cheeks and the pale flag of want blanches the young skin.

"American cities, which overflow with superfluities and extravagances of myriad variety, are almost destitute of playgrounds. It is a natural consequence of the high value of land in congested industrial districts. In most cities it is very difficult to find vacant spaces in central and thickly populated districts.

"Modern municipalities provide fire, police and health protection; but this is not enough, the future citizen, the growing child, must be helped."

**Maryland Vice Commission Reports.**—The Vice Commission appointed by the Governor of Maryland reports that the municipality should see that popular amusements are

## THE WORLD AT PLAY

not detrimental to the welfare of the immature citizens. It should supervise a large number of the theatrical performances and censor moving picture shows where an appeal to sex is present. The Commission suggests that the city should establish municipal dance halls efficiently supervised, provide more parks and playgrounds, and encourage play and athletics in every way possible, and should also open school buildings and churches in the evening for entertainments.

### **Community Course in Music.**

—A community course in music is being tried out in the public schools of Des Moines, Iowa, where free instruction is provided for all persons interested in music. The plan includes the 18,000 school children and is expected to inspire a greater desire for a musical education on the part of the city's 105,000 citizens. Old-fashioned singing schools have been restored in several communities. Each community will have its own orchestra, which will give frequent concerts during the school season. A special corps of instructors will give violin lessons to school children at a nominal fee of fifteen cents each.

At the close of the year the

best musicians from each of the community center organizations will be drafted to form one big organization.

### **A Business Proposition.—**

An anonymous writer to the Montclair, N. J., *Times* declares: "There is nothing sentimental about playgrounds for schools. They are not primarily for the purpose of making children feel happy. They are a business proposition. If the next generation of citizens is to meet civic questions with the sane, balanced judgment of the present, it must have room enough now to race and leap and work at its play to full capacity, thus developing just as its predecessors did the power and the will to work at its work with equal vim later."

**Relieving Monotony at Ellis Island.**—Immigrants at Ellis Island, many of them awaiting deportation, are finding the long hours less wearisome under the new plan of providing recreation. Besides play for the children, a band concert is given every Wednesday, with songs, folk dances and moving pictures as well. Rumors are heard of a swimming pool.

**Junior Chambers of Commerce.**—In Knoxville, Tenn., 275 boys from fourteen to nine-

## THE WORLD AT PLAY

teen years of age, members of a Junior Board of Commerce, worked for the approval by popular vote of a \$50,000 bond issue for public parks and playgrounds. The boys published monthly *The Junior Citizen*.

The students of Washington High School, Portland, Oregon, have also organized a Junior Chamber of Commerce with a business manager, seven vice-presidents and a scheme of organization corresponding to that of the Portland Chamber of Commerce. The vice-presidents are heads of bureaus; civics, purchasing, employment, industrial, charity, development and publicity.

**Protecting the Birds.**—A number of state Audubon societies are combating an effort to break down the laws which prohibit the shooting of ducks and geese after February 1 and to substitute a provision that there may be shooting as late as March 31. The following letter suggests how everyone interested may help.

"If you do not approve of shooting migratory birds at a time when they are mating and in addition during an excessively long period of time, and in unnecessary numbers, and under conditions which are unfair to the birds and to the states and provinces north of

the Mississippi Valley, if you do not believe in unfair coercion of public servants by unfair political methods, will you not arrange for the circulation of as many petitions as possible, addressed to the Secretary of Agriculture, Washington, D. C., protesting against spring shooting of migratory birds anywhere in the continent after February 1, and in addition pledge yourself to the Department of Agriculture in the enforcement of the Migratory Bird Law. Also take occasion to make known your wishes on the matter to your representatives at Washington."

These petitions should be circulated and then forwarded to the Secretary of Agriculture at Washington, D. C., as rapidly as possible.

**Girl Scouts.**—Three years before the present slogan of preparedness became popular, as Mrs. Juliette Low told the second annual conference of Girl Scouts, of which she is president, the first troop of Girl Scouts was organized in Savannah, Georgia. Now, when American women realize so deeply their need and wish to prepare themselves to be more useful members of society, in a crisis, they look with admiration and respect upon the



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troops of young girls who already know things they should know in order to help their country.

Mrs. Low had organized Girl Scouts in England with the sympathy and approval of Sir Robert Baden-Powell and his sister and, returning to America, introduced the work in her home town, whence it has spread until 10,000 girls in America are now organized.

Headquarters until recently have been in Washington but now they have been moved to 17 West Forty-second Street, with Montague Gammon as Chief Scout Executive.

Among the activities for which proficiency badges are provided are: arts and crafts, music, cooking, invalid cooking, caring for children, horsemanship, needlework, swimming, woodcraft.

### THE ATHLETIC BADGE TESTS FOR GIRLS \*

The Playground and Recreation Association of America has adopted the following as standards which every normal girl ought to be able to attain:

#### First Test

All-up Indian Club Race .....	30 seconds
or Potato Race .....	42 seconds
Basket-ball Goal Throwing .....	2 goals, 6 trials
Balancing .....	24 ft., 2 trials

#### Second Test

All-up Indian Club Race .....	28 seconds
or Potato Race .....	39 seconds
Basket-ball Goal Throwing .....	3 goals, 6 trials
Balancing (bean-bag or book on head) ..	24 ft., 2 trials

#### Third Test

Running and Catching .....	20 seconds
Throwing for Distance, Basket-ball 42 ft., or Volley-ball 44 ft.	
Volley-ball Serving .....	3 in 5 trials

The athletic sports of the girls in rural communities begin largely in the schools. There are 226,000 one-room rural schools

\* The revision of the badge tests for girls, with the addition of the third badge test, has been largely the work of Lee F. Hanmer, chairman of the special committee of the Association appointed to work out the tests.



## *THE ATHLETIC BADGE TEST FOR GIRLS*

in the United States and because of lack of gymnasium equipment and dressing-room facilities, events requiring bloomers and bathing suits are not advisable. There are many splendid events which cannot be used nationally. For instance, rowing, swimming and other water sports are as impossible in many sections of the prairie countries as are skating and skiing in the south. Archery, golf, field hockey, horseback riding and tennis have been found to be quite beyond the means at the disposal of the majority of school girls in both city and country. There are communities in which any form of dancing does not meet with approval. In view of these facts, the above events have been agreed upon as most suitable for use throughout the United States.

### **Rules for Tests**

There are no height, weight or age limits in the Athletic Badge Test for Girls. The following general rules shall govern the final tests:

Unless otherwise stated in these rules, there shall be but one trial in each event.

It is necessary to qualify in all three events in any class in order to win a badge.

No girl is permitted to receive more than one badge in any one year.

No girl is entitled to more than one first, second or third test badge even though a full year has elapsed since she last qualified for a badge.

If a girl has already qualified for a third test or a second test badge, she may qualify for and receive a badge for the lower test provided a full year has elapsed.

### **Directions for Events**

#### **ALL-UP INDIAN CLUB RACE**

Draw two tangent circles, each three feet in diameter. In one of the circles place three one-pound Model BS Indian Clubs. At a point thirty feet distant from a line passed through the center of the circles, and parallel to it, draw a line to be used as a starting line.

On the signal the girl runs from the starting line, transfers the

## THE ATHLETIC BADGE TEST FOR GIRLS

three clubs, one after the other, to the vacant circle so that they remain standing, and runs back to the starting line. The girl makes three such trips finishing at the starting line. The girl is permitted to use but one hand in transferring the clubs. The surface within the circles should be smooth and level. A wide board may be used when the test is made out of doors.

To qualify in this event for a first test badge a girl must make the three trips to the circles in thirty seconds.

To qualify in this event for a second test badge a girl must make the three trips to the circles in twenty-eight seconds.

### POTATO RACE

On a direct line draw four circles, each twelve inches in diameter and five yards apart from center to center. Five yards back of the center of the first circle and at right angles to the direct line, draw a line to be used as a starting line. This is also the finish line.

On the first circle place a basket or other receptacle not over two feet in height and with an opening not exceeding one foot in diameter.

On the signal the girl runs from the starting line, takes one potato from the basket and places it in the first vacant circle (the one nearest the basket), runs back to the basket, passes between it and the starting line, takes the second potato from the basket, places it in the second circle, returns to the basket, passes between it and the starting line, takes the third potato from the basket, places it in third circle and runs back to the starting line. From the starting line she runs to the first circle, picks up the potato and replaces it in the basket, passes between the basket and the starting line, runs to the second circle, picks up the potato, replaces it in the basket, passes between the basket and the starting line, runs to the third circle, picks up the potato, replaces it in the basket, and runs across the finish line.

If a potato is dropped anywhere but in the circle where it should be placed or in the basket it must be picked up and properly placed before another is touched.

To qualify in the event for a first test badge a girl must cross the finish line within forty-two seconds from the time the signal to start is given.

To qualify in this event for a second test badge a girl must cross the finish line within thirty-nine seconds from the time the

## THE ATHLETIC BADGE TEST FOR GIRLS

signal to start is given. Wooden blocks may be substituted for potatoes.

### BASKET-BALL GOAL THROWING

The regular basket-ball goal may be used or a ring eighteen inches in diameter (inside). It should be placed ten feet above the ground and the inside rim should extend six inches from the surface to which it is attached.

From a point directly under the center of the goal draw a semi-circle with a radius of fifteen feet, for a throwing line.

The girl may stand at any point outside of but touching the throwing line. The basket ball used shall be of standard size and weight.

The goal may be made either by a clear throw or by bouncing against the back-board.

To qualify in this event for a first test badge a girl must make two goals in six trials.

To qualify in this event for a second test badge a girl must make three goals in six trials.

### BALANCING

A standard balance beam, twelve feet long and two inches wide, may be used, or a two by four-inch plank, set on the two-inch side. The length shall be twelve feet.

There is no time limit in this event but there should be an endeavor to meet the requirements promptly, without haste, and with perfect poise.

In the first test the girl starts from the center of beam, walks forward to the end, without turning, walks backward to center; turns and walks forward to other end; turns and walks forward to starting point.

In the second test the girl starts from center of beam with a bean-bag or book balanced on her head and walks forward to the end; turns and walks forward the entire length of the balance beam; without turning, walks backward to starting point.

Two trials are allowed in each test.

### RUNNING AND CATCHING

At a distance of thirty feet from the starting line and parallel to it, stretch a cord ten feet from the ground.

On the signal the girl runs from the starting line, tosses a bas-

## THE ATHLETIC BADGE TEST FOR GIRLS

ket-ball or a volley-ball over the cord, catches it, and runs back to the starting line. Three such trips are made, finishing at the starting line. In case of failure to catch the ball, it must be secured, tossed over the cord (either direction) and caught before continuing the run.

The starting line and the cord should both be well away from any wall, backstop, or other object, so that neither the contestant nor the ball shall touch any obstruction during the run.

To qualify for a badge in this event the three trips must be made in twenty seconds.

### THROWING FOR DISTANCE

A circle six feet in diameter shall be marked on the floor or ground. In throwing, contestants shall not touch outside the circle with any part of the body until after the ball has struck the ground. If any part of the body touches outside the circle, the distance made shall not be recorded but the throw shall count as one trial. Three trials are allowed and the best throw shall be taken as the record. The throw is to be made with one hand, and the distance required to qualify is forty-two feet with a basket-ball or forty-four feet with a volley-ball. If this test is made out of doors, it should be done on a day when the wind does not blow.

### VOLLEY-BALL SERVING

A volley-ball net or piece of cord shall be stretched at a center height eight feet across the playing space. Twenty-four feet distant a line shall be drawn on the floor or ground parallel to the net. The contestant with volley-ball in hand shall stand facing the net and toeing the line with either foot. She tosses the ball with one hand as in tennis and strikes it with the other hand over the net so that it shall fall within a square ten by ten feet. This square shall be marked on the floor or ground ten feet from the net and at right angles to it. Five trials are allowed to make three aces. If the contestant steps forward over the line before the ball strikes the ground, no score is allowed, but it counts as one trial.

### Badges \*

The following badges have been adopted for the three different classes:

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\* Designed by Mrs. Edith W. Burroughs, New York City, for the Playground and Recreation Association of America, 1915. Copyright 1915

## THE ATHLETIC BADGE TEST FOR GIRLS



The badge for the first test is distinguished by one star, the badge for the second test by two stars, the badge for the third test by three stars. All the badges are in bronze.

The Association recommends that each girl passing the tests be allowed to pay for her own badge, just as a young woman at college elected to Phi Beta Kappa pays for the key awarded.

### Prices

The price, postpaid, either singly or in quantity is twenty cents each.

### Ordering Badges

Public schools, private schools, playgrounds, evening recreation centers, settlements, church organizations, and other organizations of good standing in any city, town, village or rural community may use the tests adopted by the Association and certify on blanks furnished by the Association, the names and addresses of girls passing the tests, ordering the number of badges of each kind required. It is not possible for the Association to send out sample badges.

The American Committee on Athletic Standards for Girls will pass on each list certified. If such list is accepted by the committee, the badges ordered will be forwarded on receipt of the money for such badges. The Association will reserve the right to test girls whose names have been sent in if in the judgment of the Committee it seems desirable to do so. The Association will expect those certifying these lists to exercise the greatest possible care. The object in passing on each list is so far as possible to make sure that badges shall go only to such girls as have passed the tests required.

## THE BADGE TEST

### What It Does

Every girl ought to have poise and control over her body.

Every girl ought to be able to attain a minimum physical standard such as the committee of experts has formulated.

## THE ATHLETIC BADGE TEST FOR GIRLS

Every girl passing the tests is authorized to wear this badge which stands for physical efficiency.

Girls from every part of America will pass the same tests and wear the same badges.

The girl who is physically efficient will be happier and more useful to society.

It is hoped that once each year in each city there may be a meeting of the girls who have qualified in previous years to welcome those who have just qualified and that this meeting will be made a notable annual civic event.

To raise the standard of physical efficiency among the girls of America is to give greater freedom, beauty, and power to the women of America.

### Presentation of Athletic Badges to Girls

The Association suggests that the presentation of the badges be such as to deepen the sense of loyalty to their country in the minds of the girls receiving them, and also to impress members of their families and others who shall witness the ceremony. The following program is suggested:

1. Singing of Star Spangled Banner
2. Reading of Lincoln's Gettysburg Speech by the Mayor or some other adult
3. The girls who have been previously awarded repeat together the following declaration of allegiance:  
I will honor my country  
I will do my best to build up my country's free institutions  
I will not disgrace my city or my school  
I will try to keep myself strong for my country's service
4. The girls who are now to receive badges repeat the same declaration of allegiance to America
5. An address not to exceed five minutes on the subject, "For a Better America," to help deepen the feeling of patriotism
6. Award of the badges to those who have passed the first test, second test, third test
7. Singing of America—first stanza by those who have just been awarded the badges and those who have received them in previous years; the remaining stanzas by all who have gathered together

Wherever possible it will be found effective to arrange for a processional. If the award of the badges is out of doors, the presence of a band will help greatly.

## PREPARATION—FOR PEACE OR WAR!

Geo. W. Ehler, Formerly Director and Professor of Physical Education, the University of Wisconsin, Madison, Wisconsin

A series of three articles dealing with the need for an adequate and rational system of physical education and the value and use of games and athletics as major factors in the preparation of American children and youth for the duties of citizenship, whether these be in time of war or peace.

### I. AMERICAN VITALITY DECREASING—APPARENTLY

Communicable diseases decreasing and disappearing, death rates of children decreasing but—heart disease, apoplexy and diseases of the arteries, veins, kidneys and other vital organs are rapidly increasing—the death rate of men in the prime of life is growing greater, and—*the actual span of life is not getting longer!*

### II. THE HABIT OF MUSCULAR INACTIVITY AND ITS FRUITS

Vitality—Organic Power, is the fundamental *sine qua non* of physical or mental efficiency. Hearts, arteries, kidneys, nerve centers—are the organs of vitality. Active muscles during childhood and youth are the only means of development of power for hearts and vital organs. Widespread investigation finds that *60% of city and small town children have no vigorous muscular activity. Their vital possibilities are never realized.*

### III. DEVELOPING PHYSICAL AND MORAL VITALITY—A RATIONAL SCHEME

Man today inherits a living physical mechanism that was formed and fashioned and perpetuated during age-long periods of great muscular activity requiring vigor, vitality, skill, courage, judgment, endurance, social adaptability, cooperation, team play, loyalty, patriotism.

The demand for these same physical, mental and moral qualities is greater today than ever before in the history of the race.

The activities required to develop and realize these qualities in the man and woman of today are not different from what they have been in previous ages. They are the age old vigorous social, fighting, hunting and chasing plays and games of children and youth.



## PREPARATION—FOR PEACE OR WAR

*Boys and girls trained in these activities grow taller and heavier, develop greater vital capacity and exhibit higher social and moral standards.*

*Preparedness—for War or Peace—requires these activities as fundamentally essential factors. Without them any scheme of education or training is doomed to failure.*

### PREPAREDNESS!

Major-General Wood says: "*A sound physical base is the first essential in any rational plan of national preparedness!*" These simple words of the great military expert and leader express a very obvious and very profound truth. Does the American public realize its gravity and importance?

The prevailing international conditions are demonstrating in no uncertain manner that some peoples have already learned and applied this truth, as shown in the physical efficiency of both their adults and their youths. What about "the physical base \* \* \* the first essential" of the *present generation* of Americans? Have we any lessons to learn in regard to the training and education of the *coming generation*?

If the vast sacrifices of the European war should do no more for the United States than awaken it to the actual physical condition of its present mature population and lead it to adopt adequate constructive measures to insure the real education and the actual development of fundamental power—organic, muscular, nervous, emotional, intellectual—in the growing and developing generation, history would tell some time of the enormous benefit the terrible conflict conferred upon us!

It is assumed quite generally that "a sound physical base" is a characteristic of the present adult generation and that the United States is raising a new generation of hardy, rugged boys and girls with sound minds in sound bodies, animated by high ideals of morals and ethics and of social, civic and business relationships, fitted and trained to adjust themselves to the supreme demands of citizenship in a great free democratic nation. Is our confidence justified?

The past one hundred fifty years have seen great gains made in many civilized countries in reducing the average death rate and increasing the average length of life which is now approximately thirty-eight years in this country and still slowly rising. From this fact it has come to be believed that the vigor and vitality of

## PREPARATION—FOR PEACE OR WAR

the nation are improving and that we are stronger and healthier than our fathers.

Society in recent times has made vast strides in the care of its health as seen in the practical elimination, or the virtual control, of many diseases that have scourged mankind in the past. Great advances in public sentiment have established a new attitude toward the hygiene of infancy and we have seen the awful death toll of children under five years of age reduced approximately 27% between 1900 and 1911, according to the calculations of Dr. Dublin. Furthermore, during this same period it appears that similar decreases in mortality from communicable diseases have occurred at each age period up to forty for men and up to fifty-five for women.

But while these great gains have been made in the early years of life, the ominous fact appears that *the actual span of life is not increasing*. Instead of an increasing percentage of the population living to greater and greater age beyond the average, this percentage is decreasing, for the death rates for men are steadily growing larger beyond forty and for women beyond fifty-five, with a similar tendency toward earlier periods.

This same fact is further emphasized when considered from the standpoint of "expectation of life." The U. S. Census tables for Massachusetts show that while between 1880 and 1900 the expectation of life for children from one up to nine years of age *increased nearly two years*, it was at a standstill at 10, and had *decreased from six months to two years* at each age above nineteen, with the *maximum decrease of two years at each period from forty to fifty*.

Frequency of death before maturity is largely a criterion of the environmental condition, which is evidently improving, but with an enormous margin for further improvement, for *one-half of all deaths occur before twenty-three*. After forty mortality statistics are indices of vigor and vitality—organic power, the real basis of human efficiency. Vigor and vitality are primarily matters of the integrity of the heart and circulatory vessels, the kidneys and the urinary organs and the nervous system.

Investigation of the causes of death by the Life Extension Institute discloses these facts of profoundest significance:

"From 1900 to 1910, mortality from degenerative diseases (apoplexy, paralysis and diseases of the heart, circulatory system, kidneys and liver) increased from seventeen to thirty-eight per

## PREPARATION—FOR PEACE OR WAR

cent in eight states and from twenty to fifty-three per cent in eight cities."

"In the U. S. registration area, the increase from 1890 to 1910 was forty-one per cent."

"From 1880 to 1910 the increase in Massachusetts was eighty-six per cent and in New Jersey one hundred eight per cent.

When these data are investigated for the various age periods, it appears that the greatest increases are for the years beyond forty. In other words, we are witnessing a progressive decrease in the vigor and vitality of our mature population at the period of relatively greatest value, with the appearance of a tendency to similar conditions in the earlier years as shown in the following table by Mr. Rittenhouse.

### INCREASE OF DEATH RATES FROM DEGENERATIVE DISEASES

#### Massachusetts—1880 to 1910

<i>Ages</i>	<i>Per Cent of Increase</i>
All	86.38
Under 5	30.80
5- 9	35.70
10-14	65.60
15-19	75.20
20-29	63.40
30-39	85.50
40-49	92.10
50-59	134.00
60-69	108.70
70 and over	113.00

*It will take but a short time at the same rate in the same direction for the increasing mortality rate above forty to neutralize the decreased rate in the earlier years and eventually effect a decrease in the average age.*

Most students who have expressed their views are quite agreed in charging the largest responsibility for this grave situation to the strain and stress of modern civilization as seen in the commercial, industrial and professional occupations, unsanitary living and working conditions, and the unhygienic habits of eating, working, resting and playing common in every social class.

And quite naturally and logically a similar agreement is found in regard to some of the proposed remedies. Observing the vast

## PREPARATION—FOR PEACE OR WAR

improvement in the mortality of children due to the adoption of hygienic and sanitary rules and practices in home and school and public places, it is believed that hygienic and sanitary improvement in the conditions of living and working, shortening the hours of labor, increasing the pay for the worker and practicing sane and temperate methods of recreation will produce like results among adults.

Professor Irving Fisher, in "How to Live," summarizes this problem as follows: "It seems evident that unless the increased mortality is due to some unknown biologic influence or to the amalgamation of the various races that constitute our population, it must be ascribed, in a broad sense, to *lack of adaptation to our rapidly developing civilization* \* \* \*. The remedies, however, are plainly indicated:

1. "Eugenics, to improve the stock
2. "Periodic physical examination to detect the earliest signs of disease
3. "The practice of personal hygiene along the lines of ascertained individual needs"

Eugenics has its victories and gives promise of others to come, but—eugenics is concerned with the heredity of unborn generations. Our problem is closer at hand. If the generations already born but not yet matured can be protected in any appreciable measure against the prevailing tendency to deficient vitality in the years of maturity, we shall add somewhat to the immediate assets of the nation and at the same time possibly add something to the favorable prospects of future generations.

Physical examinations to detect individual needs and the practice of personal hygiene to meet those needs have demonstrated their tremendous value in preventing some of the terrible wastage of valuable lives. Their general adoption will be worth all they cost and result in the elimination of untold misery and in the saving of hundreds of thousands of lives annually.

*But—in 1915, organic heart disease caused 9.4% of all the deaths of a great insurance company's policy holders, a group from which careful physical and medical examinations had removed every individual who had had any evidence of any organic disease or even tendency toward the same. In fact 44.3%—or nearly one-half of all the deaths of this company, were caused by diseases of the nervous, circulatory and genito-urinary systems, diseases against which particular care had been exercised in the selection of the*

## PREPARATION—FOR PEACE OR WAR

group. These apparently perfectly healthy persons lacked the power of resistance. Why were their organs unable to stand the strain? Was the strain greater than it should have been or was the strength of these organs less than it might have been? Were the organs inherently weak, or did they simply lack the fullest development of their inherent power?

This subject is now receiving emphasis from another source that is of prime importance at this juncture when an endeavor is being made to increase the personnel of the army and navy largely. Attention has been drawn to the large percentage of rejections of applicants for enlistment in the United States Marine Corps, the report showing that out of 41,168 applicants during the current year only 9.31% were accepted as fit. The following table furnished the writer through the courtesy of the Surgeon General of the Navy shows the number of applicants for the Navy and the Marine Corps for the years 1911-1915 inclusive and the number of rejections on account of physical defects:

### APPLICANTS FOR NAVY AND MARINE CORPS REJECTIONS FOR PHYSICAL CAUSES

<i>Year</i>	<i>Total Applicants</i>	<i>Total Enlisted</i>	<i>Physical Rejections</i>	<i>Per Cent</i>
1911	79,458	15,724	25,111	31.6
1912	73,364	17,743	32,527	44.2
1913	75,457	17,918	39,070	51.7
1914	88,943	18,948	47,240	53.1
1915	102,561	17,704	55,768	54.3

The interesting and startling fact in this table is the increase from 31.6% to 54.3% of the rejections on account of physical defects, an increase of 71.8%. This is significant in the first place of the unpreparedness of those who apply. In the next place it is an astonishing revelation of the terrible ignorance of this great group of men concerning either the needs of the service, or their own physical condition. Is this a reflection upon whatever system of education these men had experienced? It is to be remembered that these physically defective rejects are not the illiterates of the group, those are weeded out at the start. The physically defective have passed every other test.

Do these figures signify a deterioration of physique and vitality in the general population? Or, do they indicate that a less favored group of individuals is seeking admission to the naval

## BOYS' CLUB WORKERS' CONFERENCE

service? If either is true, is it not a situation that calls for the closest attention by every citizen and demands radical treatment by every constituted authority, until the exact facts are disclosed and effective permanent remedies are established?

Fifteen or twenty years ago Great Britain was startled by the discovery of a similar situation, an apparent deterioration of the physique and vitality of the applicants at the army recruiting stations. It finally became necessary to lower the minimum standards. Then Parliament took a hand and instituted a searching investigation by a Royal Commission. Their findings were published in three great blue books in 1904.

A general conclusion from their evidence is to the effect that whatever general deterioration there may be in any single generation due to conditions of living and working, such degeneration is not transmissible to a succeeding generation,—that there is no general hereditarily progressive degeneration, but that each generation comes into the world with an inheritance equal to that of its progenitors and will realize its latent possibilities according as the conditions controlling growth and development are favorable or unfavorable.

The problem is not primarily one of eugenics, a better heredity for the vast group, 80 to 90% of all, who have a good inheritance, but of a better hygiene on the one hand insuring a favorable environment, while of equal importance is the other factor—activity, in the years of growth and development, without which the realization of the individual's inherited latent power of adjustment to, and resistance against the environment is impossible. The undeveloped organ is as great a menace as the pathologic organ. It becomes pathologic under strain. The increase of mortality from degenerative disease in the years of maturity, is directly paralleled by the decrease of developmental activity in childhood and adolescence.

(Note: The next article will discuss the relation of activity to the development of power and the fruits of inactivity.)

## BOYS' CLUB WORKERS' CONFERENCE

Charles C. Keith, Assistant Secretary, Boys' Club Federation

The tenth annual conference of the Boys' Club Federation held recently at Scranton, Pa., was larger by one-third than any of the preceding conferences. The delegates realized as never before the



## BOYS' CLUB WORKERS' CONFERENCE

importance of the part the Boys' Club Federation has to play in the organization of new clubs, and the advancement of the work throughout the country.

Problems of the superintendents and their solution were features of the discussions. For example, an entire afternoon was devoted to the discussion of *Social Work in Boys' Clubs* under the leadership of the superintendents themselves. The need of debating clubs, self-government ideals, dramatics and properly conducted dances for the older boys was emphasized; while such activities as will satisfy the game instinct and the love of storytelling were advocated for the younger boys.

Under the general theme, *Tests of Efficiency in Work with Boys*, the question of statistics received careful consideration. It was shown that the highest efficiency is reached only when the statistics are of such character as to result in a benefit to the community as well as to the individual boy. For instance, by a study of statistics it was found to be generally true that the majority of boys in the city of Syracuse who get into trouble with the police are behind in their school work. These backward boys are not necessarily abnormal, they are usually sick, and should receive the attention of the school physician, who, discovering the difficulty, works towards a cure, and the whole community is benefited.

The possibility of self-government in a boys' club is one result of efficiency in its conduct. This self-government may be of many kinds and degrees. It may be found in the group club which elects its own officers and conducts its own affairs; it may be evinced in the superintendent's cabinet or council, made up of boys either appointed or elected to the office, who meet regularly with the superintendent and plan the activities of the club; or perhaps it is more a feature of the organization, and we find a miniature city, with a mayor, city council and court, forming the executive, legislative and judicial departments. The boys may be considered the citizens and pay a city tax. Thus the boys themselves maintain the discipline, and punish the offenders against this discipline. In their meting out justice the boys are reminded that their function is to punish the wrong-doer, and is not to avenge the wrong.

A unique idea was carried out at this conference when the older boy delegates met together to discuss the ideal boys' club from the boys' viewpoint. Such questions as smoking and cardplaying in the club rooms were freely and frankly argued pro and con, with



## BOYS' CLUB WORKERS' CONFERENCE

the ultimate decision opposed to the former and in favor of the latter under supervision.

A proposal to organize an Older Boys' Association of the Boys' Club Federation, with its own officers and constitution, holding an annual conference in conjunction with that of the Federation was favorably received. A president, vice president, and secretary-treasurer were elected and a constitution committee appointed. This work will be followed up and the Older Boys' Association will draw its membership from every available boys' club in the country.

Through the courtesy of the Victor Talking Machine Company an illustrated lecture on *Music in the Boys' Club* was given by James E. Corneal, bringing out the great value of some such machine as the Victrola in the club to inculcate in the boys the love of good music, and to afford them an opportunity to study the interpretation not only of songs, but of every musical instrument, as given by the great masters.

Under the general theme of *Vocational Training and Guidance*, H. S. Braucher, Secretary of the Playground and Recreation Association of America, addressed the conference on *A New Vocation*.

Mr. Braucher said in part:

"At present the development of neighborhood playgrounds is limited by the need for men. Even the most successful workers find such opportunities open to them that they feel the work is held back by their own limitations. This new profession needs the ablest men. The future depends upon bringing in the ablest men and making sure they have the best training. Workers with boys can help by interesting their most capable boys—if they are capable enough to consider service in this field."

E. M. Douglass of the Curtis Publishing Co. presented the question of *Vocational Guidance in Salesmanship*, outlining the policy of his firm in training boys to become master salesmen. This was made very clear by a three-reel moving picture, shown for the first time at this conference, entitled *T. J. Morgan*. The picture is a most interesting story of a bright, ambitious, but very normal boy, and his struggle to become a master salesman.

At the Annual Meeting of the Federation the following officers were elected:

President, William Edwin Hall

Vice President, Dr. Orison Swett Marden

Secretary, Hon. Edwin O. Childs

## MUNICIPAL CONTROL OF ATHLETICS IN ST. LOUIS

Treasurer, Walter Seligman

Knowing the truth of the little epigram about "all work and no play" the committee of arrangements provided a splendid automobile ride through the parks and suburbs of Scranton, including a visit to and an exploration of a coal mine.

The ride concluded at the Country Club where an informal banquet was tendered to the members of the conference. Here, with the burden of serious work lifted for the moment, the delegates proved themselves to be genuine workers with boys—and to be the genuine article one must have considerable of the boy within him. Songs from one table were answered by cheers from another, while a third proceeded to do a lock step around the room and subject the dignitaries at the head table to a course of treatment that many of them had not had since their college days.

A conference birthday cake, gorgeously bedecked with its ten candles was lighted amid the cheers and prophecies of the entire assembly.

For the first time in the history of the Federation medals were awarded for meritorious service to those who had earned them through long years of work. The medal itself represented ten years of service and for each five years after the first ten a bar was added to the medal.

A little professional singing, enough good speaking, and the banquet was over, and so was the greatest Conference ever held by the Boys' Club Federation. Every worker returned home with a new determination to labor more diligently if possible, and to make the vision of service he had caught at Scranton stand him in good stead in the busy days of the year to come.

## THE MUNICIPAL CONTROL OF ATHLETICS IN SAINT LOUIS\*

Rodowe H. Abeken, Superintendent of Recreation, Saint Louis, Mo.

The increasing popularity and surprising results attained from the various Municipal Amateur Athletic Leagues of St. Louis establishes the fact that this branch of recreation work is one of the greatest fields for development. These Leagues have been the means not only of fostering the love of sportsmanship, honesty

\*Information regarding organization and by-laws of this Association appeared in the *Playground* of July, 1914.

## *MUNICIPAL CONTROL OF ATHLETICS IN ST. LOUIS*

and fair play and providing active play under leadership for thousands, but also of bringing scores of thousands of persons of all ages and both sexes to visit the parks and playgrounds.

The larger boys and young men, no less than small children at their slides and sand pits, often tire even of such virile games as baseball and soccer, if left to their own devices. There is nothing after a game is played, but a next one just like it and nothing accomplished by either one. Perhaps the players then will either become prey to a mind-killing listlessness or begin to drift to places where they may find more exciting, though less wholesome pastimes.

The Division of Parks and Recreation has attempted to counteract this tendency and to quicken the interest in healthy sports by officially enrolling the members of play-teams and by organizing the teams into various leagues, thereby giving a purpose to the efforts expended in each individual game and rendering each victory one step of many towards a final purpose—the championship of some particular sport.

Convenient portions of certain parks were set aside for soccer football, baseball, tennis and golf. Basket ball, as an indoor sport, was tried and was patronized by more players and spectators than the only available place for it, the police gymnasium, could accommodate.

Courts and links for tennis and golf were prepared by the Department and then turned over to individuals in the order of applications—the players furnishing their own paraphernalia. The number of applicants was large, much larger than could be accommodated; the number of spectators in these two sports, however, was insignificant.

In marked contrast to this, baseball and, quite unexpectedly, soccer football soon became very popular and afforded healthy exercise for thousands of young men, and on holidays a healthy diversion of mind from the weekly grind for tens of thousands of spectators thus becoming in the full sense of the term, public recreations. Except in very bad weather, in spite of the absence of seating and of other conveniences usually found on private grounds, crowds were present at each one of a dozen different games played at the same time in as many different parks. As many as fifteen thousand persons witnessed at times some particularly interesting game.

This popularity has been steadily increasing from year to year, the soccer league increasing during a period of four years from eighteen to thirty-two teams and the baseball association

## *MUNICIPAL CONTROL OF ATHLETICS IN ST. LOUIS*

within three years from sixty-eight to one hundred and fifteen teams. This is largely due to the manner in which the active participants in these games were organized.

All known amateur baseball teams were invited to form leagues, each league to elect its own president, vice-president, secretary and treasurer. These leagues then organized as the Municipal Baseball Association under the control of an executive committee. Soccer, basket ball, golf and tennis were organized in a similar manner; each of these sports, however, constituting only one league with its own executive committee.

The executive committees are composed of a chairman and four associates. The enrolled team members of the sport elect the four associates, two of whom are active members in the league and two who are chosen from outside of the organization. The chairman is appointed by the Commissioner of Parks and Recreation. An executive committee has charge of the property and funds of this league, arranges its schedule, awards the honors and settles all disputes within its province. By this means sufficient authority is created to preserve discipline and to counteract any attempt to commercialize or to professionalize the public games, without sacrificing the principle of self-government. An additional advantage of this form of organization is that it gives practice to the young man in many of his future civic duties.

The pre-eminent feature of the organization upon which its success is based is this democratic system of conducting the activities.

To stimulate interest in public athletics further, an attempt has been made to arrange interurban games with champion teams from other cities. The prospect of a pleasant trip, free of cost, is a great inducement for young men to join and do their best on some athletic team. For this purpose a central council composed of elected representatives from the league committees was contemplated, to control the local inter-league relationship and to represent the Municipal Athletic Association when dealing with similar organizations of other cities. One such excursion of a local champion team to Cleveland was very successful. Necessary funds in this case were raised by charging admission to one of the final games played on a well-equipped private field by permission of its public-spirited owner. This, however, and the proposition to charge a small fee for admission to membership is not in strict harmony with the fundamental principle of public recreation

## BOOK REVIEWS

and should be avoided, as soon as other resources become available.

### COST OF MUNICIPAL ATHLETICS TO SAINT LOUIS

	From April 1, 1914 to April 1, 1915
Baseball	Cost to Department.....\$2,513.79 Estimated attendance all season..... 400,000 Per capita \$0.0063
Soccer	Cost to Department.....\$ 450.00 Estimated attendance..... 190,000 Per capita \$0.0023
Golf	Cost to Department.....\$5,284.00 Number of games played..... 51,541 Number of permits issued..... 4,050 Cost per game \$0.0125
Tennis	Cost to Department.....\$3,083.00 Number of permits issued..... 14,150 Number of games played..... 110,656 Multiply by 3, number of participants 331,968. Cost per participant \$0.0090

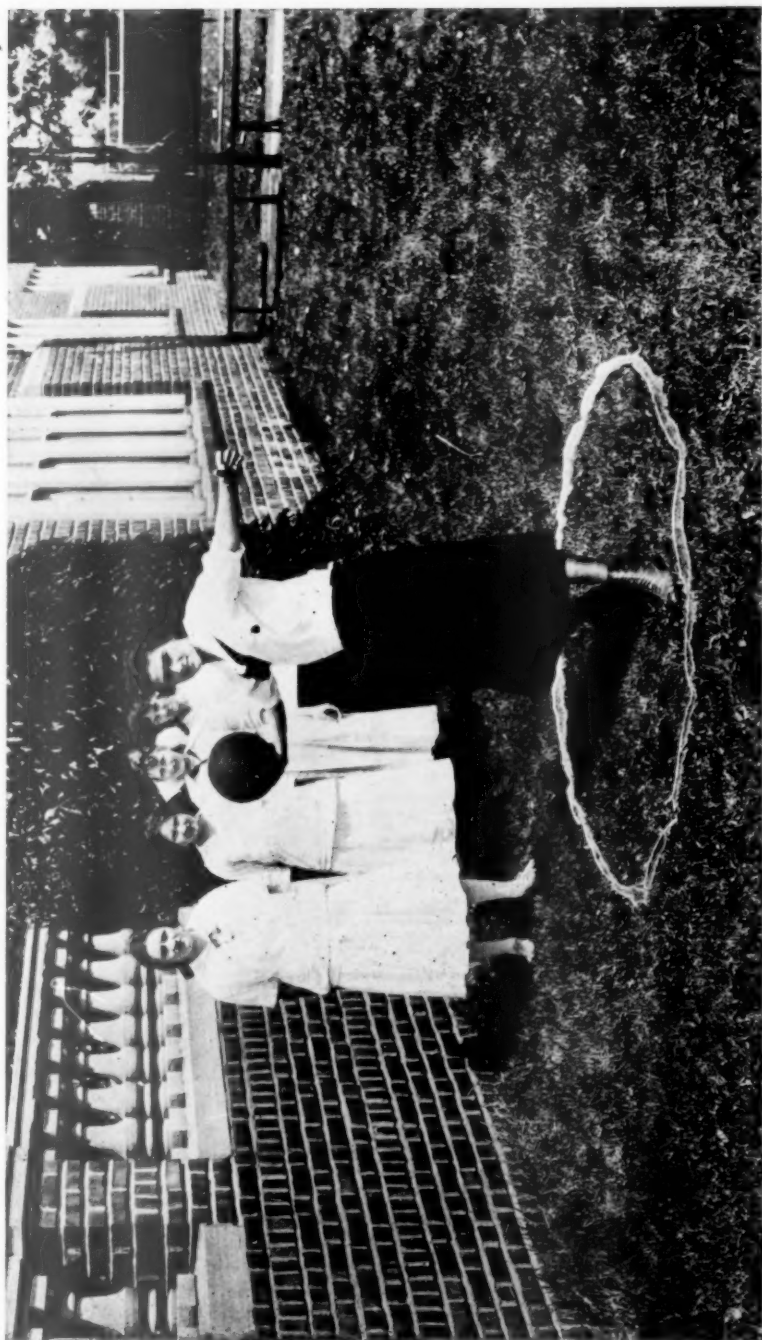
## BOOK REVIEWS

### THE CHILD WELFARE MANUAL

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The books make interesting reading and valuable reference. The cause of childhood has been well served by the publication of such a manual.



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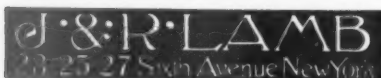
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JAMES H. PERKINS	New York City
JOHN T. PRATT	New York City
ELIHU ROOT, JR.	New York City
CLEMENT STUDEBAKER, JR.	South Bend, Ind.
F. S. TITSWORTH	Denver, Colo.
MRS. JAS. W. WADSWORTH, JR.	Washington, D. C.
J. C. WALSH	Winnipeg, Canada
R. D. WAUGH	Montreal, Canada
HARRIS WHITTEMORE	Naugatuck, Conn.

A city without a recreation  
system is a city without a  
civic conscience.

*James Edward Rogers*